

Davidson Discussion Episode 4:

Helping Kids Handle Bullying

November 23, 2011



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Behavioral indicators of bullying

- ▶ Elevated anxiety/moodiness/anger
- ▶ Not sleeping well
- ▶ Not participating in usual activities
- ▶ Avoidance of social situations

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Encourage communication

- ▶ Talking is essential
- ▶ It is nothing to be embarrassed about
- ▶ Offer comfort, support & praise for talking

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Empower your Child

- ▶ Teach them to use their words
- ▶ Let them know who they can trust at school (teacher, counselor, etc.)

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Teach appropriate responses

- ▶ Don't lash out or bully back
- ▶ Walk away – tell an adult
- ▶ Try not to become too upset – this empowers the bully

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Use common sense

- ▶ If bullying situations are easily avoidable, do so
- ▶ Once it is no longer convenient to bully, the behavior will likely cease
- ▶ Involve your child in self-confidence building activities

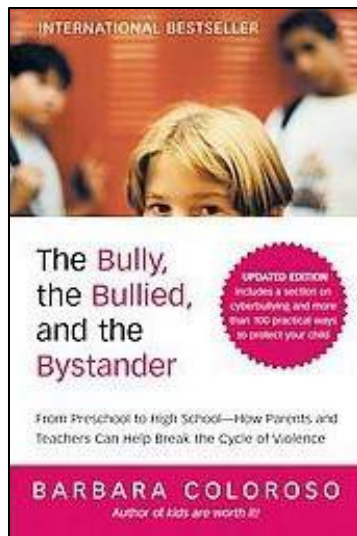
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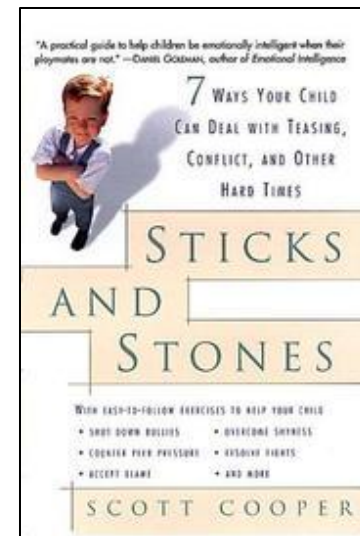
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Additional Reading

The Bully, The Bullied, and the Bystander:
From Preschool to High School – How Parents and
Teachers Can Help Break the Cycle of Violence



Sticks and Stones:
7 Ways Your Child Can Deal with
Teasing, Conflict and Other
Hard Times



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Additional Resources

- ▶ www.Bullying.org
- ▶ www.DavidsonGifted.org/DB/Articles_id_10360.aspx
- ▶ www.StopBullying.gov
- ▶ www.KenRigby.net